



Salisbury Steak with Mushroom Gravy



Ingredients for the Meat:

- 1 ½ pounds lean ground beef
- ½ cup seasoned breadcrumbs
- 1 tablespoon ketchup
- 2 teaspoons dry mustard
- 4 dashes Worcestershire sauce
- 1 cube beef bouillon, crumbled (or powdered beef base)
- Salt and pepper
- 1 tablespoon butter
- 1 tablespoon olive oil

Ingredients for the Gravy:

- ¼ cup butter
- 1 (16 ounce) package sliced mushrooms
- salt to taste
- ¼ cup all-purpose flour, or as needed
- 1 quart beef stock
- 1 pinch ground black pepper to taste
- 1 pinch fresh thyme leaves, to taste

Method for the meat mixture:

1. Combine the ground beef, breadcrumbs, ketchup, dry mustard, Worcestershire sauce, bouillon and some salt and pepper. Knead until all combined.
2. Form into 4 to 6 oval patties, and then make lines across the patties to give them a "steak" appearance.
3. Fry the patties in a skillet with the butter and oil over medium-high heat on both sides until no longer pink in the middle. Remove from the skillet and pour off any excess grease.

Method for the gravy:

1. Heat butter over medium heat in a saucepan until it foams. Stir in mushrooms. Season with salt. Simmer until liquid evaporates, about 20 minutes.
2. Stir in the flour, cooking and stirring for about 5 minutes. Add about 1 cup of beef stock, stirring briskly until incorporated, and then pour in the remaining stock and mix thoroughly. Season with black pepper and thyme. Reduce heat to medium-low, and simmer until thickened, about 30 minutes, stirring often.